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PAGE 30

Take 'Book of Jezebel' as gospel

PAGES 22-23



All coming back to Dion now

PAGES 26-27

'Warmest band'

Devastating ending.

A musician who used to play with local band The Yellow Dogs shot and killed three members of the group Monday, before taking his own life. **Legacy lives on.** Friends and fellow music industry professionals are in mourning over the "amazingly charismatic, innovative" young men.

PAGE 02

in Brooklyn

Three members of the band The Yellow Dogs, including Arash Farazmand, far left, Soroush Farazmand, top right, and Ali Eskandarian, bottom right, were shot to death in their home in East Williamsburg. / FACEBOOK

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1 NEWS

Top 3

What's trending online at Metro.us

1 'VIDEO: Animals celebrate 'Singles Day' in hilarious Durex commercial'

2 'NSFW: Russian artist nails scrotum to ground in police protest'

3 'VIDEO: Woman has dance party in operating room before mastectomy'

Quoted

"They were incredibly nice guys, and it was always great seeing them. They will be missed."

Nick Shopa, Papertwin member, said of The Yellow Dogs



The shooter murdered three members of The Yellow Dogs at their home in East Williamsburg. / BESS ADLER, METRO

Musician kills three bandmates, himself

Murky details.

Three members of the band The Yellow Dogs were killed by a person who'd previously worked with them.

As fans and friends mourned the loss of three beloved Brooklyn musicians, the NYPD toiled to work out how the shooting happened that took the lives of three members of the Iranian band The Yellow Dogs.

The suspected shooter, identified by police as 29-year-old Ali Akbar Mohammadi Rafie, showed up at 318 Maujer St. in Brooklyn sometime before 1 a.m. Monday, wielding an assault rifle.

Possible motives

Kelly said the NYPD believes the shooting stemmed from a dispute over money.

- Early police reports indicated Rafie was a former bandmember who was angry at having been kicked out six months to a year ago.

- Kelly said that part of the story is still being investigated, although police believe he may have been kicked out of a different band called The Free Keys before The Yellow Dogs formed, or there may have been overlapping members.

Feeling slighted

"It is a dispute, to the best of our knowledge, over money." Ray Kelly

Police Commissioner Ray Kelly said that the investigation indicated that the shooter fired his first shot through the third-floor window into the liv-

ing room.

Bandmember Ali Eskandarian, 35, was found there, shot in the head. Arash Farazmand, 28, was found in a bedroom with a gunshot wound to the head. Soroush Farazmand, 27, was found in a bedroom, shot in the chest.

The shooter shot at a fourth victim, 22-year-old Sasan Sadeghpouroskou, but only struck him in the

arm and elbow, Kelly said.

An additional man tried to wrest the gun away from the shooter. The magazine fell out of the assault rifle, but the shooter grabbed it and ran up to the roof of the building, where police said he shot himself in the head.

Rafie was found on the roof with a .308 caliber assault rifle on his chest.

The gun Rafie used was purchased in upstate New York, Kelly said.

Kelly confirmed there were two other people in the building when the shooting took place: members of the Coast Guard or Coast Guard Reserve who were visiting New York City for Veterans Day.



DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

The Yellow Dogs

Friends, fans remember slain Brooklyn musicians

The Brooklyn music community is mourning the loss of the band that was killed in Monday's shooting spree.

The Yellow Dogs played a show at Brooklyn Bowl in Williamsburg just a few weeks ago.

Adam Geringer-Dunn, the talent buyer at the venue, said in an email:



The Yellow Dogs were remembered for their warmth. / FACEBOOK

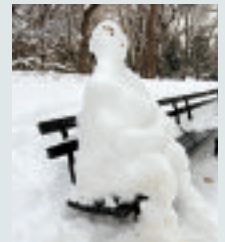
"As friends and a music venue who had hosted Yellow Dogs many times, we are devastated to hear the news."

On Facebook, a band they played with, Papertwin, posted a eulogy to their friends.

"As performers they were amazingly charismatic, innovative and captivating, and as people they were the kindest and warmest band in all of New York," the band wrote.

DANIELLE TCHOLAKIAN

Let it snow



Central Park snowman
GETTY IMAGES

Winter weather coming to city

The first taste of winter is coming to New York City.

There is a 70 percent chance of snow this morning, according to meteorologists at The Weather Channel.

The National Weather Service also issued a freeze watch for Manhattan, Staten Island, Brooklyn and parts of Queens from tonight through Wednesday morning.

Hazardous and freezing temperatures are expected.

These conditions can kill sensitive vegetation, so make sure your potted plants stay indoors.

ANNA SANDERS

Hang time

Robbers beat supermarket owner with skateboard

A Lower East Side supermarket owner who confronted four shoplifters was beaten with a skateboard last week, police said.

Cops are searching for the four men who entered Eastern Supermarket on Grand Street about 5:30 p.m. on Friday. The suspects removed merchandise and tried to leave without paying, police said.

When the store owner, 50, approached the victims, he was struck in the face with a skateboard. He was treated at NY Downtown Hospital for his injuries.

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Dangerous streets

Three pedestrians killed Monday

Three pedestrians were killed in Harlem and Queens Monday, police said. A 65-year-old woman was hit by a truck in Harlem.

Two men died when a car jumped a curb in Elmhurst. **ANNA SANDERS**



De Blasio spoke before marching in the Veterans Day Parade. / MILES DIXON, METRO

De Blasio pays tribute to father on Veterans Day

Eulogy. The mayor-elect spoke about his estranged father, who served in World War II, during a ceremony with other veterans.

the Pacific of World War II in combat, in a number of key battles, including the Battle of Okinawa where he lost his leg," de Blasio said. "He carried the physical and emotional challenges ever after."

His father struggled with alcoholism and divorced from de Blasio's mother when the mayor-elect was young. He eventually killed himself while battling cancer in 1979, and de Blasio rarely speaks about him.

De Blasio said he and his wife both had parents who were involved in the war effort.

"The stories, the memories, the meaning of that, carried on until this day," de Blasio said.

ANNA SANDERS
anna.sanders@metro.us

Mayor-Elect Bill de Blasio made a rare testimonial about his deceased father during a ceremony honoring veterans Monday.

"We think about the men and women that have served. But for a lot of us, of course, it's very personal," de Blasio said before marching in the Veterans Day Parade.

"In my family, the service of our family members framed so much of our lives. My father served in

Sharing the stage

De Blasio praised Mayor Michael Bloomberg's efforts to help veterans.

Bloomberg said veterans were "blessed" to have de Blasio as the next mayor.

The mayor said service members helped the city recover after 9/11.

"Because of them, our city and our nation has kept growing," Bloomberg said.

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NYC asks court to halt order for stop-and-frisk

Throw it out. The city would like the court to cancel the verdict calling for change.



New York cop / GETTY IMAGES

City attorneys have asked a U.S. appeals court to vacate a federal judge's decision ordering the New York Police Department to curtail its stop-and-frisk tactics, after the same court removed the judge from the case but left her ruling intact.

The "public perception of the NYPD has been clouded" by U.S. District

Judge Shira Scheindlin's August ruling against the department, city attorneys wrote.

Scheindlin ruled in August that the NYPD's practice of stopping individuals on the street and

frisking had led to "indirect racial profiling" of young minorities. She ordered the practice scaled back.

But in a stunning decision last month, the 2nd U.S. Circuit Court of Appeals ordered Scheindlin off the case, saying she violated the judicial conduct code.

The three-judge panel ruled that Scheindlin's actions undermined the appearance of impartiality but did not address the merits of her opinion. The panel instead suspended her ruling and scheduled arguments in the case for next spring.

REUTERS



Firefighters battle Harlem blaze

Firefighters battled a Harlem blaze for nearly three hours Sunday night. The fire broke out around 7:30 p.m. on the roof of a building on Amsterdam Avenue near W. 133rd Street, fire officials said. A supermarket and a laundromat share the building. / LENYON WHITAKER, METRO

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Armed services saluted in Veterans Day Parade

Tens of thousands New Yorkers crowded along Fifth Avenue on Monday to honor America's Armed Services in the nation's largest Veteran's Day Parade. Mayor Michael Bloomberg and Mayor-elect Bill de Blasio marched in the parade as did servicemen past and present from all four branches of the military. This marks the 95th year that the parade has taken place in the city. Before the parade, there was a wreath-laying ceremony in Madison Square Garden. /MILES DIXON, METRO



Vets seek college credit for service

For nearly a year, Brooklyn resident Lesly Fontaine Jr. drove a tank in Iraq. Now he's hoping to get college credit for it. "I've always wanted to finish up school," said Fontaine, who left college after three years to join the Army in 2003.

That dream may soon become a reality. State Sen. Kevin Parker, a Brooklyn Democrat, is

pushing for legislation that would help veterans like Fontaine bolster their résumé with college credit easily understood in the civilian workplace.

The NY CARES Act (New York College Aid for Returning Empire State Servicemembers) calls for the Board of Regents to mandate that universities and colleges in the state grant college credit for

military service.

For example, a combat engineer could earn engineering credits and a medical specialist would receive chemistry credit.

An opportunity like this — to get college credits for going overseas — is game-changing, Fontaine said.

"That's a really big incentive," he said.

DANIELLE TCHOLAKIAN



Lesly Fontaine Jr.
GWEN MCCLURE, METRO

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Gym. High-tech lives spur back-to-basic fitness workouts

While people are becoming more dependent on high-tech gadgets in many areas of life, fitness experts say they are turning back to basics for their workout routines.

They see more exercisers shedding prop-heavy fitness classes for short-burst, equipment-free workouts.

"It's my theory that we've hit a critical mass in group fitness," said Donna Cyrus, senior vice

president of programming Crunch Fitness. "Mats, Bosu [stability] balls, body bars: by the time you put all this stuff on the floor, it's 10 minutes into your workout."

These days, Cyrus said, most successful fitness classes require very little equipment, and many are 30 minutes long, down from the hour or more that was standard a few years ago.

REUTERS

Space debris

Satellite burns up after falling into atmosphere

A 1-ton European science satellite plunged back into Earth's atmosphere and incinerated with debris most likely landing

in the southern regions of the Atlantic Ocean, officials said on Monday.

The last contact by ground tracking stations with Europe's Gravity field and steady-state Ocean Circulation Explorer was at 5:42 p.m. EST on Sunday. REUTERS

Gun violence increasing in PG-13 rated movies



Matthew Modine seen on location for "The Dark Knight Rises" on the streets of Manhattan on Nov. 6, 2011 in New York City. / GETTY IMAGES

Research. Across all films, the number of violent sequences more than doubled during the period.

The amount of gun violence in movies rated PG-13 has more than tripled over the last two decades, says a new study.

When PG-13 first became a designation, movies with that rating had similar amounts of gun violence as G and PG films, researchers found. Now, they sometimes have more shooting scenes than R-rated movies.

"It doesn't take a lot of imagination to figure out there are going to be disturbed kids who are going to see this kind of content," said Daniel Romer.

"The problem for parents is they can no longer rely on the PG-13 rating to

tell them there isn't a lot of violence in those films," he added.

Romer worked on the new study at the University of Pennsylvania's Annenberg Public Policy Center in Philadelphia.

Gun-related violence held steady in R-rated movies and declined slightly in G and PG films since 1985.

But the rate of gun violence in PG-13 movies jumped from less than one shooting sequence per hour in films released in 1985 to almost three per hour in 2012 movies.

REUTERS

The study

945

The researchers watched 945 movies sampled from the 30 top-grossing films each year between 1950 and 2012. They marked every time a film had a violent sequence and each time that involved a gun that was fired.

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China criticizes 'kill everyone' remark on Jimmy Kimmel show

Chinese Foreign Ministry spokesman.

Qin Gang said ABC must respond to the protests.

China sharply criticized talk-show host Jimmy Kimmel on Monday for a remark made by a child on his program which has set off protests by Chinese-Americans in the United States.

The controversy blew up when a 6-year-old guest replied "kill everyone in China" after the "Jimmy Kimmel Live" host asked him how the United States should pay back the \$1.3 trillion it owes to the world's second-largest economy.

Kimmel replied, "That's an interesting idea."

ABC has issued a statement expressing regret for the incident



Kimmel's show is pre-taped. Critics say ABC should have cut the offending segment before it aired. / GETTY IMAGES

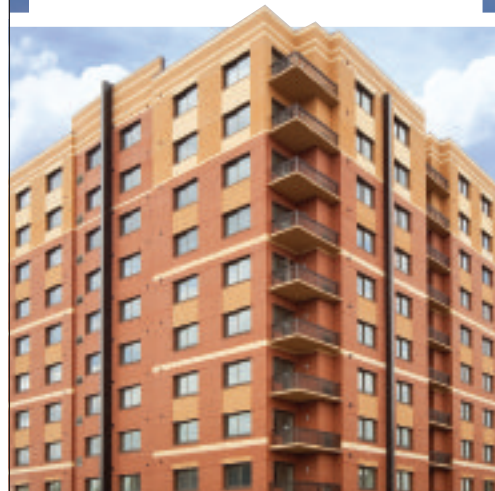
Quoted

"It's necessary to point out that spreading racism and hatred runs counter to the media's social responsibility," Kimmel

and Kimmel apologized on Oct. 28 on the show, which is pre-taped. Critics say ABC should have cut the offending segment. REUTERS

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Haqqani network

Financier of Taliban-linked group killed in Pakistan

The chief financier of the Taliban-linked Haqqani network, one of the most feared groups fighting U.S.-led forces in Afghanistan, has been shot dead in the Pakistani capital Islamabad, militant sources told Reuters.

Nasiruddin Haqqani was a son of Jalaluddin

Haqqani, a veteran guerrilla commander from southeast Afghanistan who rose to prominence battling occupying Soviet forces in the 1980s.

"Nasiruddin Haqqani was killed in Islamabad while travelling in a car with a few other unidentified people," one Taliban source told Reuters, adding that the attack took place on Sunday. "His body has been moved to North Waziristan." REUTERS



Pakistani children point to bullet holes at the spot where Nasiruddin Haqqani was shot and killed. / GETTY IMAGES

Many from China



Chinese college student enrollment overall for the 2012-2013 school year increased 21 percent to almost 235,000 students. / GETTY IMAGES

Universities see record number of foreign students

More than 800,000 international students studied at U.S. colleges and universities last year, a record high fueled largely by an influx of young scholars from China, U.S. data released on Monday showed.

That is a 7 percent

increase — or 55,000 students — from the 2011 academic year, according to annual findings from the Institute of International Education and the U.S. Department of State's annual "Open Doors" report. Much of the growth was driven by undergraduates from China, which already sends the most students to the United States, officials said. The number of students from Saudi Arabia also grew. REUTERS

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Lead funding for Carnegie Hall Family Concerts has been provided by The Irene Diamond Fund. Carnegie Hall Family Concerts are also made possible, in part, by endowment gifts from The Irene Diamond Fund, Mr. and Mrs. Lester S. Morse Jr., and the Henry and Lucy Moses Fund. Thanks to New York City Department of Homeless Services for supporting young fathers and their families at this concert.

carnegiehall.org/FamilyConcerts
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Artists, programs, dates, and ticket prices subject to change. © 2013 CHC.



Secretary of State John Kerry arrives at a press conference with UAE Foreign Minister Abdullah bin Zayed Al-Nahyan at the Foreign Ministry in Abu Dhabi on Monday. Kerry is in the United Arab Emirates to brief the U.S. ally on talks with Iran on its nuclear program and efforts to hold Syria peace talks. / GETTY IMAGES

Kerry sees nuclear deal with Iran as diplomacy warms

Not forgotten. Kerry tried to reassure our Arab allies and Israel that the U.S. would not abandon them.

U.S. Secretary of State John Kerry said on Monday he hoped an agreement on Iran's disputed nuclear program would be signed within months, and London and Tehran revived

diplomatic ties, signs of a warmer atmosphere between the Islamic Republic and the West.

In a further indication of cooperation, the United Nations nuclear watchdog reached an agreement under which Iran will grant U.N. inspectors access to more nuclear facilities.

Iran and six world powers — the United States, Britain, Russia, France, China and Germany — came close to a preliminary nuclear agreement over the

Quoted

"This is not a race to complete just any agreement."

Kerry told a news conference during a visit to the United Arab Emirates.

weekend during talks in Geneva and decided to resume negotiations on Nov. 20 in their attempt to de-fuse a decade-old standoff.

Thumping the podium to make his point, Kerry

said President Barack Obama had said "that he will continue to defend his friends and allies in this region, the UAE, Saudi Arabia, others, he will defend them against any external attack."

"That is the promise of the United States and as I stand here as Secretary of State, as long as I'm Secretary of State, that is also our policy, my policy, representing the President of the United States in executing it." **REUTERS**

Geneva

Syria opposition accepts peace talks, says Assad must go

Syria's Western-backed opposition agreed to attend planned peace talks in Geneva but said President Bashar al-Assad could play no part in a transitional government aimed at ending the 2-1/2-year-old civil war.

The Syrian National Coalition also demanded the release of women and children from Syrian jails

and an easing of military sieges of rebel-held areas as a precondition for going to Geneva.

No date has yet been agreed for the peace talks, which have been repeatedly delayed by discord between Washington and Moscow and by the coalition's failure to define its stance until now.

There could be no role for Assad "or his aides whose hands are stained with Syrian blood" in Syria's future, it said in a statement after talks.

REUTERS

Transport. West scorns Assad 'shopping list' for chemical convoys

Western powers will turn down a Syrian request for military transport equipment to ship out chemical weapons material, saying the armored trucks and other gear could be used to fight the revolt, diplomats told Reuters.

President Bashar al-Assad's administration presented what envoys from two Western

governments called a "long shopping list" to fit out and protect road convoys from Damascus to the coast through the conflict zone. But, they said, the agency overseeing Syria's chemical disarmament would reject this on the grounds most items could aid Assad's army in the civil war.

REUTERS

Typhoon survivors beg for help as rescuers struggle



A survivor walks through the devastation left in the wake of the typhoon. / GETTY IMAGES

Aftermath. Storm kills thousands and leaves those left alive bereft.

Dazed survivors begged for help and scavenged for food, water and medicine on Monday after a super typhoon killed an estimated 10,000 in the central Philippines.

President Benigno Aquino declared a state of national calamity and deployed hundreds of soldiers in the coastal city of Tacloban to quell looting.

The huge scale of death and destruction from the Nov. 7 storm became clearer as reports emerged of thousands of people missing and images showed apocalyptic scenes in one town that has not been reached by rescue workers.

One of the most powerful storms ever recorded, Typhoon Haiyan leveled Bases, a seaside town in Samar province about 6 miles across a bay from Tacloban in Leyte province, where at least 10,000 people were killed, according to officials.

About 2,000 people were missing in Bases, said the governor of Samar province.

The United Nations said officials in Tacloban, which bore the brunt of the storm on Friday, had reported one mass grave of 300-500 bodies.

More than 600,000 people were displaced by the storm across the country and some have no access to food, water or medicine, the U.N. says.

Flattened by surging waves and monster winds up to 235 miles per hour, Tacloban, 360 miles southeast of Manila, was relying almost entirely for supplies and evacuation on just three military transport planes flying from nearby Cebu city.

Dozens of residents clamored for help at the airport gates.

In a nationwide broadcast, Aquino said the government was focusing relief and assistance efforts

Quoted

"The situation is bad, the devastation has been significant. In some cases, the devastation has been total."

Secretary to the Cabinet Rene Almendras told a news conference.

on Samar and Leyte provinces, which acted as "funnels" for the storm surges.

The declaration of a state of national calamity should quicken rescue, relief and rehabilitation efforts.

It will also allow the gov-

ernment to use state funds for relief and rehabilitation and control prices. Aquino said the government had set aside 18.7 billion pesos — \$432.97 million — for rehabilitation.

More bad weather was on the way with a depression due to bring rain to the central and southern Philippines today, the weather bureau said.

Three days after the typhoon made landfall, residents of Tacloban told terrifying accounts of being swept away by a wall of water, revealing a city that had been hopelessly unprepared for a storm of Haiyan's almost unprecedented power. **REUTERS**

Analysis

'Natural disasters will have huge impact'

As yet another natural disaster claims thousands of lives, people are asking whether we're facing the consequences of climate change.

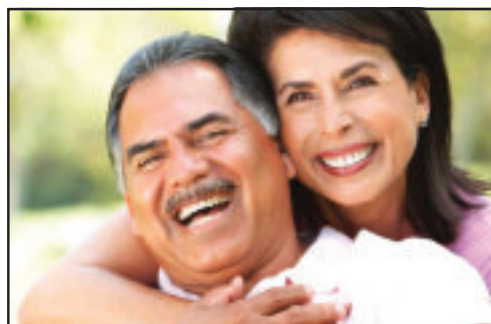
Not yet, says Johan Kuylenstierna, a world-leading climate change expert and executive director of the Stockholm Environment Institute. The big impact of climate change is yet to come.



Are natural disasters increasing, and becoming increasingly devastating, because of climate change?

Right now there's no direct correlation between the climate change and the frequency of natural disasters like Typhoon Haiyan. However, if we look at predictions, it's clear that disasters of

this kind will increase, and a warmer climate gives more intensity to storms. What's important to remember, though, is that the impact depends on things like infrastructure and population size. In the Philippines many people live in inadequate housing in low-lying areas, so they're more exposed to disasters. And due to population growth, many more people were affected by this typhoon than would have been the case 50 years ago. Half a century ago, the death toll would have been lower. **MWN**



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Sochi

Space crew
return Olympic
torch to Earth

A Russian spacecraft brought three astronauts and the Olympic torch back to Earth on Monday after the torch was taken on its first spacewalk in the run-up to the 2014 Winter Games in Sochi.



Fyodor Yurchikhin and the torch / GETTY IMAGES

Russia's Fyodor Yurchikhin beamed as he held up the silver-and-gray torch alongside American Karen Nyberg and Italian Luca Parmitano on the Kazakh steppe after returning from the International Space Station after a 166-day mission.

Slowed by parachutes and braking rockets fired to soften the im-

pact, their Soyuz TMA-09M capsule landed on schedule after a three-and-half-hour descent.

"The Olympic torch is home after a four-day journey," a NASA TV announcer said after the flawless descent through a cloudless sky and a "bulls-eye touchdown" in the tall tawny brush of central Kazakhstan.

REUTERS



The garment industry in Bangladesh is still reeling from a massive, fatal building collapse in April. / GETTY IMAGES

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Bangladesh garment pay clash closes 100 factories

Violent protests. The garment workers demand higher wages.

gas to disperse the stone-throwing demonstrators in the Ashulia industrial belt, on the outskirts of the capital Dhaka, that accounts for nearly 20 percent of total garment exports.

Garment factory staff went on strike over wages for six days in September, hitting production at almost 20 percent of the country's 3,200 factories.

The industry has already been under the spotlight after the accidents, including the collapse of a building housing factories in April that killed more than 1,130 people. **REUTERS**

By the numbers

\$38

Present minimum monthly wage in Bangladesh

Bangladeshi police fired water cannons and rubber bullets on Monday to break up a protest by garment workers demanding a higher minimum wage, forcing the closure of more than 100 factories.

Bangladesh's official wage board proposed a 77 percent rise in the minimum wage for garment workers last week after a string of fatal factory accidents this year thrust poor pay and conditions into the international spotlight.

But factory owners said they could not afford 77 percent.

Police also fired tear

Unusual name

Batman jailed for theft and drug abuse

A Singaporean man with an unusual superhero-like name turned out to be a villain who consumed drugs and stole from his brother.

Batman bin Suparman, which means Batman son of Superman in the Malay language, was jailed for two years and

nine months for various offences including stealing his brother's ATM card to make withdrawals, several media outlets reported.

The 23-year-old, unemployed man had also broken into the office of a firm in western Singapore to steal money and taken heroin.

Batman, who has his own fan club on Facebook, became a social media sensation. **REUTERS**

Metro exclusive



DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the sixth installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 7: Temp is slightly shocked by lunch query

We settled on the Saipan, a Japanese lunch place run by a noisy Belorussian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defense contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Danimal told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did:

"So, are you and Kyle a,

um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice.

"Why are you asking?"

"Because I thought maybe he and I..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really,

Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath.

"Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this."

We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and I looked at each other.

"What are we going to do?" I asked.

"I always give the old guys something because, I mean, what are they going to do — become Wal-

Mart greeters? The young

guys ... if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: she asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

When we got back to the office, there were six police cruisers in the lot, cherries flaring.

And vans. And a K-9 unit.



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College costs. Three facts about the new student loan rules

The U.S. Department of Education released new regulations for federal student loans, with the aim of making it easier for graduates to pay off their debts. The New York Times reported that more than 600,000 federal student loan borrowers who began repaying their debts in 2010 defaulted on their loans last year. Get all the information on the new regulations below and find out if you can benefit from them.

1 What it is: Under the new federal law, people who default on their federal student loans can rehabilitate them — removing them from a default status — by making nine timely payments that they are able to pay, based on the Income-Based Repayment Plan's guidelines. The guidelines cap repayment at 15 percent of the borrower's income.

2 It will be easier to be placed in forbearance: The new regulations also state that instead of having to write a request for forbearance, borrowers will now be able to request one verbally in person or over the phone, which anyone more than 270 days late making a payment can request. Oral forbearances have a 120-day limit, however, and a borrower cannot make them back-to-back.

EMILY LAURENCE

You've got mail

3 The government may be emailing you: The Department of Education will email the roughly 3.5 million federal student loan borrowers outlining the new regulations and explain the Income-Based Repayment Plan.

SIMPLE STEPS FOR FIRST-TIME INVESTORS

Investing gets a bad rap for being complicated and time-consuming. But that was in the bad old days of the 20th century. Today, online investing platforms (like Betterment.com) make it safe and efficient for you to start your retirement or investing account. Here are three steps to get you going.

Step 1: Leverage the years

The sooner you begin investing, the better. If you start saving \$1,200 a year starting at age 25 — a mere \$100 per month — by age 65 you'll have about \$185,700 (assuming a 6 percent return). But



The sooner you can begin investing for your retirement, the better off you'll be in the long run. / MONKEY BUSINESS

say you delay by 10 years. You'll end up with only \$94,800, nearly 50 percent less. Don't mourn the lost opportunity of investing — congratulate yourself for getting ahead now.

Betterment

JON STEIN

BETTERMENT.COM

Jon Stein is the founder and CEO of Betterment.



Risk factor

Step 3: Be aggressive

While putting your money into stocks does entail more risk, it also provides you with more growth over the long term. Keeping your money in cash or bonds may feel safer, but you risk the potential to lose out on market gains.

Step 2: Rely on automation

Studies show that you will save more and reap better returns in the market if you use an

automated system to help you save. If you don't care for online investing, at the very least set up automated contributions to your 401(k) or IRA.

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You stay classy, Amsterdam

On Sunday night, Metro hit the red carpet at the MTV European Music Awards, in Amsterdam, before performances by Miley Cyrus and Afrojack, among others. Here's what the celebs said, exclusive to us. **MWN**



Ron Burgundy, aka Will Ferrell, star of 'Anchorman 2'

Ron, have you been to any coffee shops while in Amsterdam?

I've been to one coffee shop every hour of the day and I've been here six days. So 24 coffee shops every day. Six

times 24. What is that? 144?

And how are you feeling?

I've never felt better [looks into middle distance] before.

Jared Leto, 30 Seconds to Mars

Where do you fit in here? No offense.

The fans are pretty young. We have all ages at our shows. It's the spirit of the music. When you're young, music means so much. It's all about identity and discovery.

Sorry, I can barely hear you over the screams for Ron Burgundy.

Ron Burgundy. I saw him in the mosh pit at a show, taking people

out right and left. When you look down and see Ron Burgundy at your show in the mosh pit, you know you're doing something right.

Afrojack, superstar Dutch DJ

You make music notoriously fast. I was wondering if you wrote a song just now while walking down the red carpet.

Well, actually, I'm performing with Snoop tonight and he said, "Yo, where's that new Afrojack/Snoop joint?" — this

was Tuesday. I said, "I got a studio here." So we're in the studio tomorrow. Yeah!



Ariana Grande, pop singer and star of Nick show 'Sam & Cat'

If you could collaborate with anyone here, who's on your list?

Bruno Mars and Miley.

Miley was a child star like you. Do you take any cues from her?

She's doing an amazing job owning her personality and who she is. She's really grown into herself and doesn't care. Me, I dunno. I'm just growing up and loving life. But I can't see myself cutting off my hair — or my fake hair.

How about twerking?

Twerking? I tried in the mirror one time. Not for me.



RJ Mitte, aka Walt Jr. on 'Breaking Bad'

"Breaking Bad" has ended. You're responsible for some severe withdrawal. I like to take some credit for that.

Should drugs be legal?

Sure. All they're gonna do is tax it. I grew up with a lot of medical issues and disabilities — I'm a cancer survivor, I had it when I was a baby. And I took all these medicines. And the one thing I found for people who used weed for medicinal use is they got off all the other medication. You'll never find someone dying for marijuana. Why so many stigmas about it? The only downside is the munchies. It kills your kitchen. That's the only thing it kills, your kitchen.



2 CULTURE

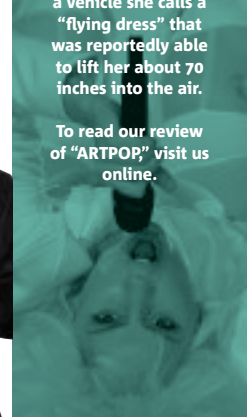
Album release

Gaga's busy day

Lady Gaga released "ARTPOP" Monday, her first full album of new material in two years, but that was the least newsworthy thing she did in the past 48 hours. She was also on "Elvis Duran and the Z100 Morning Show," where she admitted to a pot problem.

"I just want young kids to know that you actually can become addicted to it," she told the host. But Gaga figured out another way to get high. At her NYC album release party, she unveiled a vehicle she calls a "flying dress" that was reportedly able to lift her about 70 inches into the air.

To read our review of "ARTPOP," visit us online.



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Justin Long is on a mission to restore the good name of romantic comedies with "A Case of You," a film he produced, co-wrote and stars in about a guy (Long) glomming on the Facebook-posted interests

ing seemed like the best way to do that. They're also not making the kind of mid-level movies that they used to make. And I love smaller stories and realistic, independent movies,

people back-to-back, and the guy's pointing at the girl like, "I don't know about this one!" And the girl's like, "Are you kidding me with this guy?"

What was your approach

Multi-tasking

On wearing many hats

Long had a plethora of jobs on "A Case of You." "The writing came first," he explains. "Once it looked like it was taking some sort of shape that people were responding to, that's when I set about to maybe get it made, and we became producers. And I realized why producers always seem so stressed out." He laughs. "And then we shot it. We raised the money, and I acted in it."

JUSTIN LONG

The actor was tired of romantic comedies. So, with "A Case of You," he made his own.

DOING IT FOR HIMSELF

of a girl (Evan Rachel Wood) to woo her.

What was it about this point in your career that made you want to take on writing and producing as well?

I'd been reading a lot of the same thing, and I just felt like it was time to exercise a little bit more control over what I was doing. Writing and produc-

I don't want to call this a "romantic comedy," in case that's a pejorative.

A pejorative, yeah. [Laughs] The unnecessarily expensive ones that all have some sort of heightened conflict, that all look really nice but sort of plastic-y—I think those are the ones that have made that term pejorative. I call them "back-to-backers," when the poster always has two

to avoiding that with this film?

I know it's such a cliché answer, but we did truly just try to write what we know. We wrote about a conflict that seemed like it could be relatable with the advent of social media and dating. Certainly when we started writing it that was very fresh. [Laughs] I think it continues to be. It's really changed the playing

field introducing tools like Facebook and Instagram. Human interactions are just going to be completely nullified. On one hand, it's kind of useful—you can save a lot of time, maybe? Because it does take time to go on dates. That's a night of your life.



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TV watch list

REALITY

'Doomsday Preppers'

In this episode of a series that profiles crazies across the country who spend all of their time preparing for some sort of apocalyptic scenario, a group of said crazies in Washington have developed their own suit of armor. We can't imagine what this armor is supposed to ward off, other than an active sex life. **9 P.M., NGC**

REALITY

'Giuliana and Bill'

Tonight, the E! host and her husband baby-proof their home. That should be only marginally less tedious than actually baby-proofing your own home — or maybe more tedious, we're not sure.

8 P.M., E!
ALEXANDRA CAVALLO

COMEDY

'Tosh.o'

Tosh celebrates Movember, which can only mean he'll be sporting a pretty epic 'stache. Wonder what awkward mustache videos he's managed to dredge up from the dark depths of the Internet tonight.

10 P.M., COMEDY

Wonder what this mug would look like with a Fu Manchu 'stache? / **ROBYN VON SWANK**

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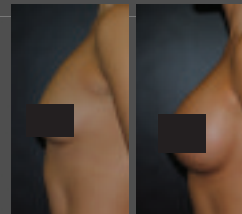
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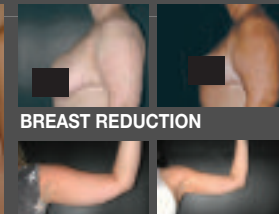
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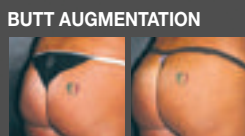


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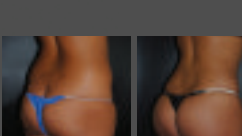


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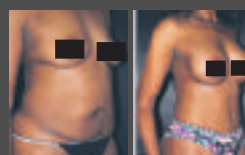
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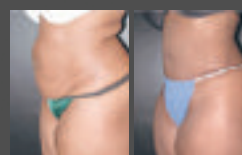
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In 2006, filmmaker Laurie Collyer made the indie "Sherrybaby," starring Maggie Gyllenhaal as an ex-heroin addict trying to re-enter society. It took her seven years to make another indie starring name actors playing the working class. In "Sunlight Jr.," which opens Friday, Naomi Watts plays Melissa, a convenience store clerk who lives in a hotel with her paraplegic boyfriend (Matt Dillon). Their meager lifestyle is upended when she winds up pregnant.

What inspired this subject specifically?

There was just this residue of things I had been reading and concerns I had about what was happening in our country. I had traveled in the west to Wyoming and Nevada, and there was one woman working in a convenience store. She became the model for Melissa. I didn't know her at all.

What about the role of alcoholism in the film, where unemployed characters spend their days drinking?

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LAURIE COLLYER

The "Sunlight Jr." filmmaker talks about turning name actors into everyday people.

KEEPING IT REAL

Real talk

"Sunlight Jr." isn't a rosy portrait of a couple.

"I don't think that you should walk away thinking they're doomed, necessarily," Collyer says. "But it was never my intention to tell a love story in which love triumphs over everything."

diction is part of this web you get trapped in when there's so much hopelessness. When you're so out of control, the only control you can get is to make yourself more out of control.

How do you get pretty name actors to get into the working-class vibe?

Naomi's a very busy actress. She's also a mom. I didn't have a lot of time with her, so I gave her a very extensive character bio. I wrote Melissa's life from the moment she was born until the minute the story begins. It was six pages, single-spaced. But when she got to set she just melted into the role. Matt had worked in New York with a wheelchair consultant. He learned how to get in and out of spaces both in the chair and from the chair into the car or onto the bed. It was very intensive.

Do you get intimidated around actors of their stature?

I think between Matt and Naomi they've made over 100 movies. This is my third. I just learn from them.

What is the indie film scene like now, especially compared to when you made "Sherrybaby"?

You have less money now. I know that going from "Sherrybaby" to "Sunlight Jr." we had a smaller budget. At least for the kinds of stories I want to tell, there's less financing. There's also this new micro-budget thing. I feel really funny about people working non-union. I ap-



GETTY IMAGES

preciate a movie that was made lean and the director had complete creative control and you can feel it and taste it when you watch it. But at the same time, I just worry about the labor part of it — because we all need

our benefits. Some of us have kids. It's a profession. These are craft people. ... It's not a hobby.



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It took only four years for the Watergate scandal to be immortalized on movie screens, complete with two of the era's biggest stars — Robert Redford and Dustin Hoffman — playing the only somewhat good-looking Bob Woodward and Carl Bernstein. But the results were anything but a triumphant reminder of corruption semi-recently vanquished.

"All the President's Men" may have jam-packed journalism schools with wannabe heroes, but it's a warts-and-all study of professionalism taken to an absurd extreme. Woodward and Bernstein have no lives outside work, nor personality attributes beyond "driven." And neither they nor we get to celebrate their victory; the movie ends quietly.



As has been drilled into our heads, Hollywood was making gritty films like this all the time during this decade. But even for the era, Alan Pakula's drama is stripped down. It's a dispassionate, "just the facts, ma'am" study of process that has a lot in common with the British "The Day of the Jackal" from three years earlier. And its influence today is felt in "Zodiac" and "Zero Dark Thirty," which also bury viewers under an avalanche of facts and dead ends.

Also out

'Man of Steel'

It took 25 years, but Superman appears to have been successfully relaunched.

'Frances Ha'

Greta Gerwig and director Noah Baumbach scored a hit with this acerbic portrait of 20-somethings' anxiety.

'Nosferatu'

F.W. Murnau's 1922 horror is really an unauthorized version of "Dracula," which amazingly wasn't sued out of existence.



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"Jezebel has matured from troublemaking adolescent to semi-troublemaking young woman," says Holmes. / ANNA WOLF

Jezebel: From blog to book

Anna Holmes founded Jezebel in 2007, and what originally started as a small women's-only offshoot of Gawker has since exploded and become the Internet's premier women's interest blog. Now, the blog has led to "The Book Of Jezebel," an encyclopedia of "everything important to the modern woman." Metro spoke with Holmes about the new book and what Jezebel has meant to women everywhere.

Why was this book important to write?

I wouldn't phrase it that way. I thought it was a fun book to oversee and hopefully people will find it important in some ways, but I don't know that I think it was an important book. It was more something that would be an interest-

ing book.

How is the book similar to the blog, and how is it different?

It has the same sensibility because the writers also wrote for the site or are working there now. It's similar in tone and has a similar view of the world. It differs in that it's not a blog. On a blog, posts go away because new posts come and replace them. A blog moves very fast but a book is very still in time.

Why do you think Jezebel became so successful?

I think because nothing like it existed before and I think it had a very specific point of view. And it was unapologetic about that. I think it attracted like-minded readers who didn't want their content

dumbed down or tiptoed around certain topics.

What do you think is the impact of Jezebel on other women's interest blogs?

It's hard for me to say because I don't really know. ... I do think the site helps underscore that there are lots of women who want to read smart content on the Internet and not just be told what to buy or to shop a lot, and you see a lot more sites that treat women as diverse individuals than you did before.

Which blogs do you read?

I don't really read the Internet the same way I used to, so if someone tweets an interesting story I'll click through to it, but it's not like I'm typing in the Web addresses of blogs the way I used to. I use Twitter as

Good reads. "The Book of Jezebel" author Anna Holmes gives her take on the evolution of women's interest blogs.

my curator of information.

What issues do you think Jezebel has brought to light?

Body images, race, politics, feminism — I'd say those are the big ones.

How has Jezebel changed over the years?

It's gotten bigger and it's gotten a broader audience. We had a smaller audience before and it felt like a more intimate website because we had a smaller readership, and as it got bigger and bigger we had to broaden the subject matter and be more professional and not so personal.

What are your favorite entries in the book?

I love them all. I don't want to pick favorites!

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Their loss



Urban Outfitters decided not to sell "The Book of Jezebel" because they felt the blog had burned them before. How do you feel about that?

I guess I'm not surprised. If they're hurt, then they're feeling they're hurt. If people are feeling hurt then they don't want to

be generous, do they? I wasn't surprised but I was disappointed. I think it's the kind of book their clientele would be interested in. I think it's more their loss than our loss.

ANDREA PARK
andrea.park@metro.us

Giving back



Disney star surprises kids with 1,000 books

"Austin & Ally" star Laura Marano has always been a bookworm, and she's giving children in lower-income neighborhoods the chance to become one too. The celeb is delivering 1,000 books to students today as part of Capital One's Book by Book campaign, which aims to give books to kids who might not otherwise have access to them.

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BOOKS 24



PHIL HALL

With his new book, the film critic rounds up what he considers the greatest anti-classics.

BAD TO THE BONE

Films like "The Room" and "Birdemic," plus old discoveries like "Troll 2," have reignited widespread interest in uniquely terrible films. With his new book, "The 50 Greatest Bad Movies of All Time," Film Threat critic Phil Hall chooses not to hang what considers "anti-classics." Instead, he celebrates them. These films include not just terrible amateur productions but lavish Hollywood bombs — and even established greats like Clint Eastwood's "Mystic River."

When did you become

aware that movies could be bad?

I remember as a kid I went to see "Airport '75" in the theater. Even back then I was thinking, "There's something wrong with this movie."

Not long after that, Michael and Harry Medved were releasing their run of books about bad cinema, like "The Golden Turkey Awards." I still have them. They're all worn out by now. They were the first ones to come out and say, "Yes, there are these 'golden turkeys,' and we love

them." Granted, they were making fun of them. I try not to do that.

Bad movies seem to unite audiences. They're a strong example of the magic of cinema.

I find that people are more enthusiastic talking about the great bad movies than the great films. We can talk Tarkovsky or Kurosawa, and it can be a very stimulating, cerebral conversation. But you start talking about "The Room" and "Mommie Dearest" and the enthusiasm level ratchets up dramatically.

Taking their licks

On the makers

What do those who made these films think of their notoriety?

People who've been in the business for some time are not that thin-skinned. At the end of the day, they're making films and ultimately they have the last laugh.



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The time of her 'Life'

Old school, neo soul. Macy Gray returns to the album that put her on the map.

At the turn of the century, Macy Gray burst onto the music scene, winning multiple Grammy and MTV awards for her 1999 album, "On How Life Is." Audiences fell for her signature raspy voice and unique blend of soul, rock, disco and hip-hop. Her sound was both new and retro.

Gray is still doing this same two-step of one foot in the future and one pointing to the past with her current tour, which takes listeners through the full "On How Life Is" album. She is adamant that the tour is a bigger step forward than it is a

step back, though.

"I'm not a look-back person. I rarely do that. It still means a lot to me, and what's happening in my life now," she says of the album. "When I'm up there [the songs] still resonate to the present. I didn't write them to be that way, but I think with simple life stuff, you'll have it years from now. You're still dealing with love, your spirit and yourself, forever."

In the 14 years since her initial fame, Gray has raised three children, appeared in a number of films and produced seven studio albums. "Life" remains her biggest commercial success. The fact that she's performing these songs at venues that are the same size as the ones she played when she was first starting out doesn't seem to faze her.



Although a lot has changed with how life is since "On How Life Is," Gray says the biggest change has been an internal one. "I just really got in these last few years to the point where I could communicate the way I always wanted to," she says. / PROVIDED

If you go

Macy Gray plays Cipriani (110 E. 42nd St.) Wednesday, but tickets for this fundraiser are \$2,500 (www.100womeninhedgefunds.org). She plays World Cafe Live in Philly on Thursday for \$29 to \$49.

"You learn a lot playing clubs and having people right in your face," she says, "but my mind and my heart are always on the same planet. That doesn't change for me. The atmosphere, the vibe and how loud the crowd is, [that's] always different."

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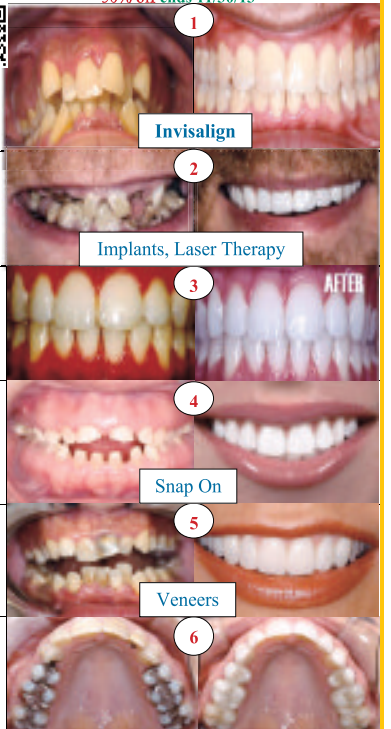
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Up until recently, the Twittersphere would have you believe that Celine Dion is dead. She isn't — those were hoaxes. Rather ironically, the 45-year-old's latest album is titled "Loved Me Back to Life." It's the French Canadian singer's first English language album in six years — and Dion, whose career has spanned 30 years, is moving on lyrically and melodically. That means if you only think of her from "My Heart Will Go On," the song made famous for its inclusion in the 1997 film "Titanic," that ship has sailed. Here, in a roundtable interview in a London hotel, the mother of three chats about her love for Adele, album-cover nudity and her latest record.

It's your first English language record in six years. Why did now seem like the right time to put an album out?
I haven't stopped, to be honest with you. I started a new show in Las Vegas almost three years ago, then I did a French album and also had two babies. Do the math: Time goes fast too.

Were you trying to reinvent yourself with this album?

You can't reinvent yourself every five years. For 30 years I have been using the same recipe. This time around, we're trying to freshen up and modernize — it's a second wind. I'm not trying to reinvent myself, but at the same time I'm not going to go on with singing "My Heart Will Go On," "Because You Loved Me" and "The Power of Love."

There are elements of Adele in this album. Is she an influence?

She has an influence on my life. Period.

Why is that?

I love her. I'm taking hot tea every day and I'm hoping she's going to pop up and have tea with me.

Will you collaborate with her?

I haven't got the guts to ask for a duet. I just would love to meet with her. If I see her, I would be starstruck and tell her that I'm her No. 1 fan. Every soundtrack that

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Be sure to catch "The Big Wheel" at special times. / BENOIT PAILLEY

Living dangerously at New Museum

Art. Take a spin through Chris Burden's daring exhibition.

If you go

'Chris Burden: Extreme Measures'

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New Museum for its New York debut. This is also the first time it has visited the United States in a substantial exhibit in more than 25 years. "Chris Burden: Extreme Measures" offers radical performances, supersized sculptures and installations of this

artist's four-decade career.

Although "Shoot" has not been reenacted live in this installation, this and an array of video of Burden's previous body performances span the fifth floor. Burden crawls through broken glass in "Through the Night Softly" (1973), extinguishes his inflamed body in "Fire Roll" (1973) and crucifies himself to the hood of a Volkswagen Beetle by driving two steel nails through his palms in "Trans-Fixed" (1974).

"The Big Wheel" (1979) on the fourth floor is the highlight. A fusion of performance and sculpture, a museum attendant activates a 6,000-pound, 8-foot-diameter flywheel by accelerating a 1968 Benelli 250cc motorcycle. ("The Big Wheel" is only activated at specific times, so be sure to look those up

before you go.)

Adjacent is a balancing act between a restored 1974 Porsche 914 and a 365-pound meteorite suspended from a steel frame ("Porsche with Meteorite," 2013). On the third floor, two fully operational mortars accompanied with stacks of cannonballs exude an aura of impending doom ("Pair of Namur Mortars," 2013). These marvels of modern engineering demonstrate power and force, enticing your senses while eliciting fear and awe.

Burden is a rebel, and through his art we realize how fun it is to live dangerously — even if it's just for a day.

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5 Shops to see in Paris' Marais district



Find housewares at Merci, the French answer to ABC Carpet & Home. / PROVIDED

Destinations.

Fashionistas and fromage abound in this hip area.

Besides the Eiffel Tower, the Louvre and other touristy (but essential) stops for Parisian visitors, the trendy Marais district — like New York City's SoHo or West Village — is a must.

But the Marais, which translates to “marsh” in French, wasn't always as hip as it is now. Tour guide Skall (yes, that's his full name — he's French, OK?) tells us that the influx of the gay community in the 1980s restored the enclave's cool factor. The arrival of art dealers also helped, as the area today is famous for its contemporary galleries. While gallery-hopping, make sure you stop by these other establishments for a truly tres magnifique Marais experience.

Le Marche des Enfants Rouges

The city's oldest covered market is also the area's best kept secret: Walk through an alleyway to enter this indoor bazaar, where you'll likely bump into Parisians doing their grocery shopping. You can buy everything from local produce to international

Say oui to cheese

Fromagerie Jouannault

No trip to Paris would be complete without a visit to a specialty cheese shop. Whether you like your curd from cows, sheep or goats, find it here (even if it didn't originate in France). Want to take some cheese back to the States? The staff will vacuum-seal your haul so it's TSA-friendly.

Fromagerie Jouannault
MEREDITH ENGEL

foods. The market is also a great place to stop for a bite, with cuisines ranging from Japanese to French to Moroccan represented. Fun fact: It's named for the red outfits children at a nearby orphanage used to wear long ago.

Violette et Leonie

Find vintage and modern-day womens wear, plus shoes and jewels, at this trendy consignment shop. Designer pieces from Dior, Hermes and

Isabel Marant mingle with high-street items.

Merci

Picture the ABC Carpet & Home of Paris and you've got Merci. Shop for quirky souvenirs — Eiffel Tower cookie cutter, anyone? — plus home furnishings (there's a plethora of kitchen items on the top level), clothes, bath products, stationery and much more. The store recently did a collaboration with the Museum of Modern Art, so you know the goods are stylin'. When you're done shopping, stop at Merci's cafe for lunch and coffee.

Dalloyau

The history of this sweets shop is almost as rich as its chocolates. Charles Dalloyau was a baker who won the attention of Louis XIV during a tasting. The king hired Dalloyau, and he and his brothers worked for the royal court over four generations. The store is famous for its opera cake: a thin layer cake soaked in coffee syrup and topped with coffee buttercream, chocolate ganache and a dark chocolate coating (serves six; about \$60). Avoid the Laduree lines for a macaron from these guys instead.

MEREDITH
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Stay in the Marais

Hotel du Petit Moulin

This quirky hotel used to house the oldest bakery in Paris (the exterior retains its original signage, so the charm still remains). Each room is decorated in a unique fashion by Christian Lacroix, and the eccentric nature of the building means that each room is shaped differently as well. If you can, book Room 104 — you'll walk down a flight of zebra-print steps into your private dwelling. In the morning, there's continental breakfast. **Rooms start at 250 euros**

(about \$336) per night.

Pavillon de la Reine

It's easy to walk by this ivy-covered hotel — it's hidden in a private courtyard behind shops off the Place des Vosges. The hotel recently underwent an overhaul; ask for one of the renovated rooms, which are loft-style and overlook the private courtyard. Come down for eggs, ham, cheese and those fabulous French pastries in the morning. **Rooms start at 385 euros** (about \$518) per night.



For a unique abode, book Room 104 in the Hotel du Petit Moulin. / HOTEL DU PETIT MOULIN

PLUS

Honor system

At the hotels

Before leaving for dinner during your stay at Hotel du Petit Moulin or Pavillon de la Reine, stop for a drink at the Honesty Bar: Fix yourself a cocktail and, on the honor system, check the price list and leave the appropriate number of euros. But, ironically, both hotels have just added a Dishonesty Hour, Wednesdays from 5-6 p.m., when you can help yourself to drinks for free.

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Lashes and lips

Beauty.

Dolce & Gabbana national makeup artist Christian McCulloch helps us primp for the party season ahead.

Put your favorite orange lipstick from the summer away already: Celebrity makeup artist Christian McCulloch says that fall is all about the cooler tones, like fuchsia and burgundy. To style the new bold pout, go easy on the eyes, he says.

"It's fresher without a heavy eye," says McCulloch. "A pale shadow, like a gold or champagne, is really pretty and easy, because it doesn't require precision. Just something shimmery across your eyelid with great lashes."

But what's the makeup artist — who gets Scarlett Johansson and Michelle

Williams red-carpet ready — really loving?

"My big thing at the moment is lashes and lips," says McCulloch. "Really amazing lashes, maybe with a winged eyeliner." He shows us how to create the look.

Create a cat-eye

"It's tricky," admits McCulloch. He suggests sketching out your line softly first with a pencil. "This is to see the angle, and to see how it looks with your eye open before you go in with a liquid applicator," he says. "If you paint a flick on an eye when it's closed, it can look a bit too horizontal when you open your eye. Look in the mirror and see where you want that flick, and then create a tiny dot with a pencil and paint from that dot down toward the corner of your lashes. I also take the pencil and run it along the



Christian McCulloch / PROVIDED

Tip

Party-ready

"I always like sparkle. Shimmery and metallic eye shadows are fun. Also, liquid liner is a great party look. I think a liner along the lash line and winged out is beautiful."

inner rim of the eye, top and bottom. That'll create that [feline] Sophia Loren, Audrey Hepburn look."

Thick or thin?

"I like a thicker cat eye," says the artist. "Thick is cool; it makes it strong. It doesn't have to be Amy Winehouse-level, but that Kate Moss-y thing is nice."

Now for the cheeks

"I'm not one for heavy-duty cheek color," says McCulloch. "But I do love to bring in bronzer to the cheek through winter. In winter, you want a little color in your face too!"

"Dolce & Gabbana has a bronzing color called Desert, which I use for contouring. The two blush colors I use most are an apricot and a pale pink to create a soft flush on the cheek."

His must-haves

Dolce & Gabbana Passion Duo lipstick in Feminine

"It's a pinky-brown with a little bit of shimmer in it." \$35, www.saks-fifthavenue.com



Natural oils

"I like a lot of the natural organic products from the health food store, like mixing a little drop of argan oil in with your moisturizer for extra hydration."



TINA CHADHA
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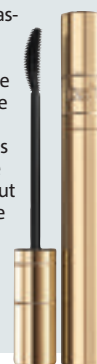


A good lip balm

"Nuxe has a lovely, waxy honey lip balm, which is great conditioning for the winter." **Nuxe Reve de Miel lip balm, \$19, www.amazon.com**

Dolce & Gabbana Passion Eyes mascara

"The new mascara actually has a curling quality. We've all been quite shocked that it actually lifts and curls the lashes without having to use an eyelash curler prior." **\$32, www.sephora.com**



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Yelling is just as harmful as hitting

New study. When it comes to parenting teens, verbal discipline just doesn't work.

When a teen acts out, a dose of harsh verbal discipline may seem like the best way to get his or her attention. But a new study in the *Journal of Child Development* reports that raising your voice is just as detrimental as raising your hand.

It turns out, yelling at your teen leads to a vicious cycle. A teen acts out and gets yelled at, but yelling can lead to depression and an increase in bad behavior. And it isn't just limited to yelling. Swearing or insulting your teen has the same effect. Ming-Te Wang, the lead researcher of the study found that 13-year-olds whose parents used verbal discipline were more likely to be depressed the next year. They were also more likely to get in trouble more at school and in the community.

So, if you can't spank or yell at your teen, what can you do? The study found the most successful way to raise a respectful stay-out-of-trouble teen is to simply talk and reason with him or her like an adult. Explain why what he or she did was wrong and the negative consequences it can cause.

Of course sometimes talking isn't enough. Create rules with your teen so he or she knows in advance what they are in for if they break a rule. If your teen knows that staying out past curfew means no texting the next day, he or she won't be surprised when you lay down the law and put their phone on lock. Another parenting tactic that the study found successful is giving praise when a teen was doing something positive,

like finishing all his or her homework before dinner or cleaning his or her room.

But keeping your emotions in check is easier said than done. To avoid an outburst, wait until you aren't ticked off to talk to your teen. Then, you'll be better mentally prepared for whatever hurtful comments your teen may hurl your way. Or if you slip up and find yourself in a screaming match, it's still not too late to stop. Put the conversation on hold until you are cooled down.

The most important part of raising a child is making him or her feel loved — even when you're about to take away their cell phone.

EMILY LAURENCE
emily.laurence@metro.us



Even if you find yourself in a screaming match, it's not too late to turn your actions around. / THINKSTOCK

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Best alphabet book



'Alphablock'

Christopher Franceschi

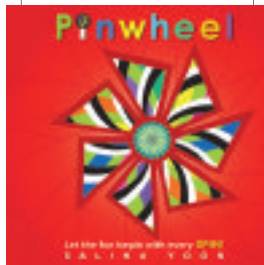
Your kids will not only learn the alphabet with the help of this book, but they'll also learn how to recognize the letters, thanks to the book's cutout shapes of each.

Best board book

'Pinwheel'

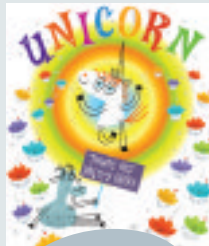
Salina Yoon

Babies and toddlers will be mesmerized by the colorful pinwheel they can spin while reading. The book's short, rhyming tale is charming, but it's the beautiful pages that really make this one a winner.



Best fictional

picture book



'Unicorn Thinks He's Pretty Great'

Bob Shea

This short story is about a funny friendship between a unicorn and a goat and teaches children the importance of being kind.

The best kids' books of 2013

Find out which books Parents magazine crowned the best of the year. **EMILY LAURENCE**

Best pop-up book

'Animal Opposites: A Pop-Up Book'

Petr Horacek

Award-winning artist Petr Horacek lends his skills to this beautifully illustrated book that helps young readers learn about animals.



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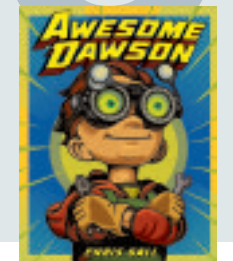
Best enhanced

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'Awesome Dawson'

Chris Gall

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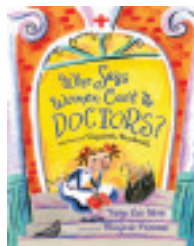
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'Who Says Women Can't Be Doctors?: The Story of Elizabeth Blackwell'

Tanya Lee Stone

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Best new series

'Starring Jules'

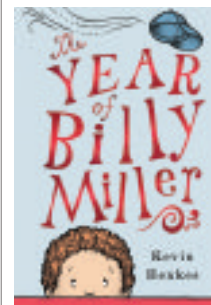
Beth Ain

In today's fame-obsessed culture, your little one will delight in Jules' attempts to become a star — and will learn important lessons about friendship and family in the process.



Best younger-kid

chapter book



'The Year of Billy Miller'

Kevin Henkes

With its themes of sibling rivalry and adventure, "The Year of Billy Miller" is reminiscent of Helen Hunt Jackson's "Ramona" series. Only this time, the silly scenarios star a second-grade boy.

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Government launches new kids' health program

Early education.
Find out what your little ones will be learning at school.

If meals and bedtime start getting a little easier, you may have public schools to thank. The National Institutes of Health partnered with the Children's Museum of Manhattan to launch a new early childhood health curriculum last week with a strong focus on nutrition and sleep. The new curriculum, EatPlayGrow, is a series of interactive lessons aimed at children ages 2 through 5.

Teaching healthy habits and curbing obesity has long been a big initiative for public schools, but what makes this curriculum different from ones schools have tried in the



Kids actually craving fruit over sugary snacks? It's just one of the aims of EatPlayGrow. / INGRAM PUBLISHING

Quoted

"Early childhood is the critical time to instill good habits for a lifetime and to avoid costly and less effective interventions at older ages."

Francis S. Collins, M.D., Ph.D.
National Institutes of Health director

past is that it incorporates teaching healthy habits through the arts and creativity more strongly than ever before.

Besides teaching through art, another way EatPlayGrow is different is that for the first time, healthy sleep habits are being incorporated.

Before being rolled out, the curriculum was tested in New Orleans

and the South Bronx, and evaluations of all the test sites found that young children knew more about correct portion size, ate more fruits and vegetables, understood how to make exercise a part of their daily routine and knew about good sleeping habits.

Sam Kass, the executive director of Michelle Obama's "Let's Move!" campaign and the senior policy advisor for nutrition at the White House, is another champion of EatPlayGrow. "It is an example of what the First Lady has called on all of us to do — use collaboration, creativity and hard work to give all our children the skills they need to grow up healthy and able to pursue their dreams."

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Horoscope

♏ Scorpio | Oct. 23-Nov. 21.
A secret connection will open your eyes to all sorts of ideas. Follow your heart and engage in activities that bring you pleasure.

♐ Sagittarius | Nov. 22-Dec. 21. Spice up your living space, but don't go overboard. Move things around or add a couple of affordable items.

♑ Capricorn | Dec. 22-Jan. 20. Talk about your plans with others and let people see how passionate you are. A physical change must not be made on a whim.

♒ Aquarius | Jan. 21-Feb. 18.
You'll have a lot of information to deal with. Take a moment to digest it all before you make a decision. Don't feel obligated to do what everyone else wants.

♓ Pisces | Feb. 19-March 20.
Speak your mind. Bring issues out in the open to find a solution. Romance will ease your stress and help you get back on track.

♈ Aries | March 21-April 20.
Don't be fooled by what you hear. Draw your own conclusions. You can avoid making a poor choice if you are realistic.

♉ Taurus | April 21-May 21.
Take pride in the way you look, and do things that will boost your ego. Love is on the rise, and social activities should brighten your day.

♊ Gemini | May 22-June 20.
You mustn't let your emotions cause you to disregard information because you don't like what you're seeing. Honesty is best.

♋ Cancer | June 21-July 22.
Have faith in what you do and how you express yourself. You will get the support you need if you are heartfelt.

♌ Leo | July 23-Aug. 22.
Get out and do things that you enjoy. Don't let anyone dump added responsibilities in your lap. Be on the lookout for new ways to improve.

♍ Virgo | Aug. 23-Sept. 22.
Listen to what others have to say and you will be able to offer valuable solutions. Your insight will gain you many valuable allies.

♎ Libra | Sept. 23-Oct. 22.
Problems at home could get out of control. Don't overreact, or you will end up in a no-win situation.
BERNICE BEDE OSOL

Sudoku: Easy and hard

	1		5	3		6	4
5				2		9	1
			7	6			
				9	4		8
	7		3		1		
8		6	2				
			3		4		
3	5		1				9
2	7		8	9			1

			5			3	
9		1				5	7
6	5			9	1		
			8	7		2	
4			3	2			9
	7		9	4			
		4	6			1	3
2	3				9		8
		6			3		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Thor's success in numbers

Re: "Thor: The Dark World" clobbers the competition' (Metro, Nov. 11) No kidding. A violent, loud film with a lot of special effects, placed in over 3,000 theaters across the U.S., topped the box office results this weekend. Try limiting it to 1,000 theaters and see how it does.

MICHAEL RAGSDALE, VIA EMAIL

Help victims of typhoon

Re: 'Survivors "walk like zombies" after deadly typhoon kills 10,000' (Metro, Nov. 11) Typhoon Haiyan has left widespread death and destruction in the Philippines that is truly unimaginable. As the death toll stands now, it's 10,000, and it is rising with bodies being found in the aftermath of the worst storm in recorded history. This storm was of epic

proportions — even of biblical proportions. This horrific loss of life grieves many, and more so of those who have family in the region. As such, my heartfelt prayers goes out to these families who have lost so much. The Philippines is going to need a lot of help in terms of medical, food and financial assistance in the midst of all this devastation. As Americans, I'm asking all who can, to contribute to this worthy effort in helping the poor people in the Philippines. There are a number of charitable organizations that can help like: The American Red Cross, UNICEF, Save the Children and the Catholic Relief Services and local religious and community groups to mention a few. So please give, for these people need our help.
FREDERICK R. BEDELL JR., VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

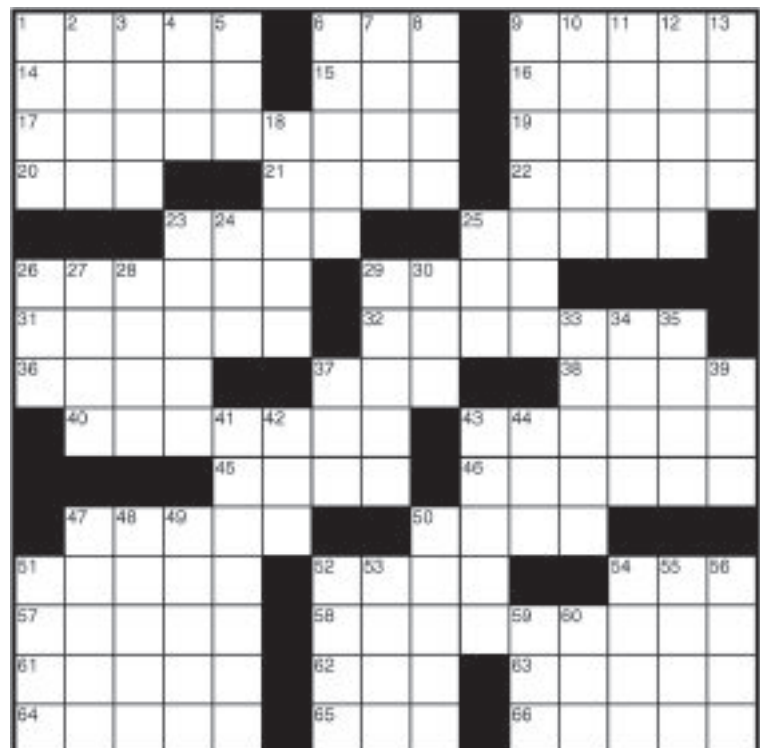
Across

- 1 Like a he-man
- 6 Wild ox of Tibet
- 9 Perk up
- 14 Turn signal
- 15 Anka's "— Beso"
- 16 "Die Fledermaus" role
- 17 Spacecraft's entry (2 wds.)
- 19 Daring
- 20 Weep audibly
- 21 Vaccine type
- 22 Henry — Thoreau
- 23 Oxford tutors
- 25 Carpenters' jaws
- 26 Tack on
- 29 Link up
- 31 Ads
- 32 Door / odor
- 36 "Miami Vice" cop
- 37 Talented
- 38 Bonsai and ikebana
- 40 Cable car
- 43 "Scent of a Woman" star
- 45 Envelope abbr.
- 46 Full of foreboding
- 47 Conform
- 50 Tall vases
- 51 Stadium hoverer
- 52 Joint problem
- 54 Admission —
- 57 Do the trick
- 58 Ice crystals
- 61 Scorch

Down

- 62 Low-fat meat
- 63 Steel rod
- 64 Handle dough
- 65 "Bien" opposite
- 66 Hand out
- 1 Kiosk lit.
- 2 Alice's chronicler
- 3 Cattle stall
- 4 Coal scuttle
- 5 Feel grateful
- 6 Birthday count
- 7 Film terrier
- 8 Cosmetic
- 9 Dock
- 10 Project starters
- 11 Dash
- 12 Tupelo phenom
- 13 Call for
- 18 Swimming holes
- 23 Fiend
- 24 Lennon's wife
- 25 Itinerary word
- 26 IRS time
- 27 Stuffed shirt
- 28 Not much, in Matamoros
- 29 Shogun's domain
- 30 Thunder Bay prov.
- 33 Makes a mad dash
- 34 Soprano's piece
- 35 Rockies, briefly
- 37 CTRL neighbor
- 39 Sauce in a wok
- 41 Mottled, as horses
- 42 Homer-hitter Mel
- 43 Less polluted
- 44 Dear Abby's sister
- 47 Lead chipmunk
- 48 Ms. Keaton
- 49 Pablo's girl
- 50 Mover's rental (hyph.)
- 51 Enjoy the sun
- 52 "Excuse me!"
- 53 Robin Cook novel
- 54 Watch chains
- 55 Genesis hunter
- 56 Raison d'—
- 59 Wk. day
- 60 Thing, in law

Yesterday's answer



Rolle: Playoffs are goal, not just .500

NFL. The Giants are beginning to discuss the playoffs, but trying not to get too confident.

The Giants may be only 3-6, but the whispers are turning rather audible in their pronouncement that they are back in the NFC East race.

Big Blue has won three straight games, have earned a season-series split with the Eagles (5-5) while the first-place Cowboys (5-5) are sliding back to the pack, so there are some within the locker room who are firm believers the six-game losing streak to start the season is all but forgotten.

Safety Antrel Rolle, however, was quick to remind his teammates that a three-win team — after nine played — is still not elite.

"We're 3-6, so in no way, shape or form can we underestimate anybody. We haven't done anything yet," Rolle said when asked if he thinks the Giants' playoff hopes are suddenly within



Safety Antrel Rolle was all over the field against the Raiders on Sunday with a game-high 12 total tackles as well as a sack. / GETTY IMAGES

reach. "We've been to the lowest of the lows and now we're just trying to make sure we climb up out of it."

If the Giants beat the Packers this week and the Redskins (3-6) beat the Eagles, then Big Blue will be playing for a tie of

the NFC East lead in their Week 12 matchup with Dallas.

"We started off really weak in the beginning of the season. We're 3-6, moving in the right direction, but we still haven't done anything yet. And that has to be our mentality, because three straight wins is not enough at this point. We just need to keep it rolling, take it one game at a time," said Rolle, adding he won't merely be satisfied by finally reaching .500, but not qualifying for the

postseason. "The post-season, for me, is all that matters — not even things out. The playoffs is when I'll be happy. I don't care what or how it happens. It all starts with Green Bay."

TONY WILLIAMS
sports@metro.us

Punt problems



Steve Weatherford
GETTY IMAGES

Weatherford blames wind for rough day

The Giants have been lucky enough to not need to worry about their punting game for most of the season. But Sunday's game was a different story.

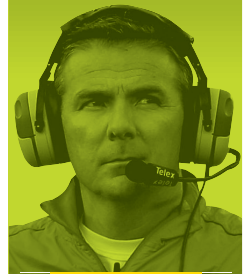
Steve Weatherford, who has been with the Giants three seasons now, had a season-low 30.3 yard average thanks to a partially blocked punt in the fourth quarter.

But outside of his first punt going 51 yards, his others were 36 and 27, something he blamed on the swirling wind.

"That's definitely the windiest I've ever seen that place," Weatherford said. "And it wasn't like it was a sustained wind, it was really gusty so it could go from 15 to 28." **METRO**

3

SPORTS



Home cooking

Meyer votes OSU No. 2

Many in the country are already hotly anticipating a Florida State vs. Alabama BCS National Championship Game.

But don't count Ohio State head coach Urban Meyer among them. Meyer, who has a vote in the coaches' poll, a component of the BCS formula, put his 9-0 Buckeyes one spot ahead of the Seminoles.

Quoted

"I think it's all coming together and when it all comes together, that's when things become miraculous."

Antrel Rolle, Giants safety

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Guess who's back?

Holmes returns to practice

Santonio Holmes might finally be ready to return to the Jets after missing the last five games due to a hamstring injury.

The injury, suffered in the second half of the Jets' Week 4 loss at the Titans, has kept Holmes off the field up to this week, including not being able to participate in the team portion of practice.

But now after the bye week, Holmes seems significantly enough recovered to have a shot at playing this Sunday at the Bills. He practiced on Monday which perhaps signal a return to the field this weekend at the Bills.

"I think he'll play. Looks good," Ryan said. "I hope he plays."

The Jets are 3-2 since Holmes left the Titans game with the injury.

Ryan went on to call Holmes a "legit receiver." In Week 3 against the Bills, Holmes had five receptions for 154 yards and a touchdown.

KRISTIAN DYER

By the numbers

0

No Jets player has gone over 100 yards receiving in a game since Santonio Holmes was injured against Tennessee. Jeremy Kerley did, however, have 97 yards receiving against the Patriots in Week 7.

'GOD IS GOING TO DO SOMETHING SPECIAL'

Demario Davis has 60 tackles, one sack and one interception this season for the Jets defense. / GETTY IMAGES

NFL. Linebacker Demario Davis carries his faith to the field — and see special things ahead for the Jets.

Three times this season, Jets head coach Rex Ryan has sought out linebacker Demario Davis on the sideline in the final moments of the game. It's not to put Davis in the game or talk about what the opposing defense is trying to do.

Instead, Ryan has a special request for the outspoken, second-year

linebacker. He wants a prayer.

Davis, who has been likened by Ryan to a leader in the mold of former Baltimore Ravens linebacker Ray Lewis, is known for his strong faith. A devout Christian, he keeps a Bible in his locker and frequently sprinkles his beliefs into his tweets and during interviews.

So in Week 7, prior to kicker Nick Folk's 42-yard field goal in overtime to beat the Patriots, Ryan made sure to find Davis to see if he was praying.

"If he sees me, you know, he understands that I'm very connected

Quoted

"All God told me is that he's going to do something special. ... Whatever he's implying, it will be victorious."

Demario Davis, Jets linebacker on what God has in store for the Jets the rest of this season

with God and says, 'Are you praying?' Which maybe is sarcastic I guess, because he knows that I'm praying," Davis said. "It comes down — this season — to so much faith and trusting in God. It comes down to faith and courage. I believe God is going to do something special. It requires faith to trust in him when you have dark

moments. And it takes courage to go out there and do our game plan."

Prior to minicamp and following a shake-up of the coaching staff and the jettison of several star players from the team, Davis felt a tug in his heart to direct his daily Bible study toward several men in the Old Testament.

One of those men was

the judge, Gideon.

According to the book of Judges, Gideon was a rather ordinary man anointed by God to lead the army of Israel against the Midianites, who terrorized the area. Davis sees parallels between this struggle and what the Jets have gone through.

Like Gideon, Davis sees an opportunity for a few men to battle against the supposed favorites.

"We have to remember it isn't our fight, it is God's fight," Davis said. "Then we can't lose."

KRISTIAN DYER

sports@metro.us

Veterans Day

Nets practice with troops at Fort Hamilton

The Nets spent part of Monday preparing for a three-game West Coast swing that begins Wednesday in Sacramento. The difference is it wasn't done at their usual practice space in East Rutherford, N.J. The team spent



Paul Pierce and the Nets stepped away from their troubles for a day while practicing in Bay Ridge. / GETTY IMAGES

Monday fine-tuning things at the recreation center of the Fort Hamilton Army base in Bay Ridge. During their time at New York City's last active military post, the Nets worked on various details, posed for pictures and served a meal to military personnel, who were able to shoot around on the court while the Nets conducted their media

availability.

"You couldn't ask for a better day," head coach Jason Kidd said. "I think when you talk about role models, those guys are role models. They protect our country and save our lives."

So while the Nets talked about improving small details to help them execute better in games, they placed those comments in perspec-

tive.

"It's only fitting that we could come here to the base and have a meal with the soldiers and thank them," Paul Pierce said. "We really admire and look up to a lot of things they do for this country. A lot of them are sports fans, so it's great for us to be part of this. ... It's good to share this day with the soldiers." LARRY FLEISHER

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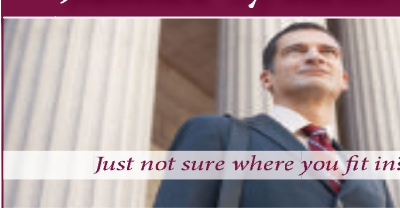
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References: 1. Bar-On Y et al., Arthritis Journal 2013. 2. Elbar A et al., Clinical Biomechanics 2010. 3. Hain A, et al., Journal of Biomechanics 2011.

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